

December 2021

Westport Center for Senior Activities

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
ALTERNATE MENU OPTIONS: Cheese Omelet OR Chef Salad: Served with Soup & Dessert		Beef Brisket Glazed Carrots Potato Pancakes Sweet Noodle Kugel 	Cauliflower Soup Cheese Ravioli with Bolognese Sauce Zucchini Garlic Bread Blueberry Pie	Sweet Potato Bisque Beef Stew w/Root Vegetables Noodles Orange
Split Pea Soup Roast Pork w/Gravy Braised Red Cabbage Baked Sweet Potato Fruited Jello	Pepper Pot Soup Chicken Parmesan Pasta Spinach Honeydew	Chicken Noodle Soup Old Fashioned Beef Pot Roast & Gravy Carrots & Onions Rice Pilaf Coconut Custard Pie	Beef Rice Soup Vegetable & Bean Stew Root Vegetables Noodles Apples	White Bean Soup Sauteed Shrimp Scampi over Linguini Parmesan Crostini Peaches
Onion Soup Baked Ham w/Fruit Sauce Mixed Vegetables Potatoes Fruit Cocktail	Pinto Bean Soup Turkey Meatloaf w/Gravy Risotto Green Beans Chocolate Cake	Minestrone Soup Manicotti Bolognese Zucchini Provençale Garlic Bread Cantaloupe	Vegetable Soup Grilled Pork Chops w/Applesauce Beets Baked Potato Cookies	Broccoli Soup Quiche Lorraine Yams Collard Greens Pears
Spinach Soup Roast Turkey w/Gravy Sweet Potatoes Vegetable Medley Apple Pie	Turkey Soup Beef Pot Pie in Savory Crust Mixed Vegetables Fruit Salad	Butternut Squash Soup Stuffed Filet of Sole Sweet Potato Asparagus Christmas Cookies 	CLOSED 	CLOSED 
Tomato Bean Soup Beef Stew Root Vegetables Noodles Cake	Scotch Broth Stuffed Peppers Rice Pilaf Broccoli Banana Pudding	Mushroom Soup Thin Sliced Pork w/Mustard Sauce Roasted Potatoes Carrots Honeydew	CLOSED	CLOSED

Whole Grain Bread, Butter and Juice or 1% Milk Served Daily

Lunch is served at 12 noon. Pre-registration is required 48 hours in advance on MyActiveCenter.com or by calling WCSA at (203) 341-5097.

The Café Nutrition Luncheon Program is subsidized through State and Federal dollars. **The suggested donation for our lunch is \$5 - \$7.**

However, the actual cost to produce the meal is \$10. **Caregivers and guests under 60 years old are required to pay the full meal price of \$10.**

Program sponsored by Catholic Charities of Fairfield County, Inc. Funded by: Southwestern Connecticut Agency on Aging
State regulations mandate that food cannot be taken from the meal site. The only exception is that whole, fresh fruit may be taken home.